

Braised Chicken Thighs with Mushrooms

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken thighs
- 1 teaspoon trans-fat free margarine
- 1/2 onion, finely diced
- 8 oz package sliced mushrooms
- 3 tablespoons balsamic vinegar
- 1 1/2 cups low sodium, fat free chicken broth

Directions

1. Heat oil in a skillet over medium-high heat.
2. Add chicken thighs and sauté for 3 minutes per side. Remove from pan and set aside.
3. Add margarine to pan and melt. Add onion and sauté for 2 minute. Add mushrooms and sauté for 3 to 5 minutes until liquid is released; stirring frequently.
4. Add balsamic vinegar to pan and cook with mushrooms for 1 minute. Add chicken thighs back to pan and place mushrooms on top of chicken. Pour chicken broth into pan.
5. Bring the chicken broth to a boil. Reduce heat to medium-low, cover pan with a heavy, tight-fitting lid, and simmer for 25 minutes.

Nutrition Facts: Serving Size: 1 chicken thigh with mushrooms; Calories: 140; Total Fat: 6g; Saturated Fat: 1g; Sodium: 80mg; Total Carbohydrate: 4g; Dietary Fiber: 0g; Added Sugars: 0g; Protein 17g; Vitamin D: 0mcg; Calcium: 12mg; Iron: 1mg; Potassium: 198mg